

# Tips to reduce *Pseudomonas aeruginosa* exposure, while being safe + having fun!



*Pseudomonas aeruginosa* is a bacteria that is commonly found in soil and water. The presence of (ongoing) *Pseudomonas aeruginosa* growth in the lungs of people with cystic fibrosis can lead to poorer health outcomes. There is no way to live a life completely avoiding exposure, but this guide is designed to help evaluate risk, and enjoy life. Your clinical team can provide additional advice relevant to your individual circumstances.



**Ok, but try to:** →  Wash hands, especially after higher risk activities marked with this symbol, and clean and dry any items that retain water.



**Not so good, avoid.**

 <h3>Swimming + Water Play</h3> <ul style="list-style-type: none"> <li> Sea, freshwater lakes, rivers, well-maintained swimming pools</li> <li> Paddling pools</li> <li> Water pistols + 'super-soakers'</li> <li> Water Parks</li> <li> Play fountains, splash pads, spray pools, sprinklers</li> <li> Hot tubs, whirlpools, spa pools, Jacuzzis, hydrotherapy pools</li> <li> Swimming in stagnant ponds + canals</li> </ul>	 <h3>Out + About</h3> <ul style="list-style-type: none"> <li> Touch pools in public aquarium</li> <li> Petting zoos + farms visits</li> <li> Playing in the park, playing outdoor sports</li> <li> Caves</li> <li> Snow</li> <li> Sandy beaches</li> <li> Tropical greenhouses, butterfly houses</li> <li> Fish tanks (advice varies on this topic)</li> </ul>	 <h3>Around the House</h3> <ul style="list-style-type: none"> <li> Showers (run water 1-2mins before use)</li> <li> Sinks + bath taps</li> <li> Flushing toilets (lid down)</li> <li> Flower vases (keep water fresh + trim leaves off stems so they don't sit in water)</li> <li> Humidifiers + vaporizers (always use fresh water + keep unit clean, never add disinfectant to water)</li> <li> Air conditioning</li> <li> Squirting bath toys</li> </ul>	 <h3>In the Garden</h3> <ul style="list-style-type: none"> <li> Gardening (consider gardening gloves for soil)</li> <li> Mud (muddy puddles, mud kitchens)</li> <li> Clay</li> <li> Sandpits (provided no standing water present)</li> <li> Compost + manure</li> <li> Cleaning stables + animal enclosures</li> <li> Outdoor misting systems</li> </ul>
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## Some activities are important not to avoid.



-  Visiting the dentist (consider informing dentist about CF so dental instruments + tubing can be flushed before use if needed).
-  Drink water. But avoid filter jugs in which the filter may remain wet + harbour bacteria.
-  Clean, sterilize + dry any medical equipment /nebulizers according to manufacturers instructions.

This infographic is based on information published in "Environmental risks of *Pseudomonas aeruginosa* — What to advise patients and parents", Journal of Cystic Fibrosis. 2021 Jan;20(1):17-24 by I.M. Balfour-Lynn. We would encourage you to read the article for further details. This infographic is not to be referenced as medical information, but rather a quick visual guide and summary for parents and children. Always speak with your healthcare provider and medical team for more information and specific advice on your/your child's health. *Pseudomonas aeruginosa* exposure from medical equipment has not been covered in the referenced article, but we have chosen to remind you about the importance of cleaning and sterilizing nebulizers and medical equipment as part of this graphic for completeness. It is also important to know that getting a positive result for the presence of *Pseudomonas aeruginosa* can be common in people with CF and many clinics have treatment, eradication and management plans for dealing with the *Pseudomonas aeruginosa*.

